Vancouver metro

WEDNESDAY, AUGUST 31, 2016

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Sept 1st–Sept 5th

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Sept 1st–Sept 5th

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Vancouver metro

Your essential daily news | WEDNESDAY, AUGUST 31, 2016 | High 18°C/Low 14°C Rain

HOUSING
Vancouver dog-eat-dog for renters too
metroVIEWS

CONTRIBUTED

'EMOTIONAL'

Coastal First Nations put bear's 'spirit to rest' 3 years after it was killed by NHLer

metroNEWS

Provincewide carding rules needed: Group

POLICE FORCE

Fears arise that issues in Ontario will spread to B.C.

David P. Ball
Metro | Vancouver

It's time for provincewide rules on police "street checks" of civilians, advocates say.

The practice of police demanding and recording information on citizens they're not investigating — also known as "carding" — has stirred up outrage against Toronto's force, said Josh Paterson with the B.C. Civil Liberties Association.

"This has become just a massive source of lost confidence in the police force there," he told Metro, "because of racial profiling and the carding that's been going on in many instances without any genuine law-enforcement reason at all.

"We haven't had the same level of media or public controversy around street checks here in B.C. as they have in Ontario, but it's just as important out here that clear rules be put in place."

The issue had barely surfaced publicly in B.C. until being raised in Monday's annual report from the province's police watchdog, the Office of the Police Complaint Commissioner.

The independent watchdog said he was "concerned with a practice of demanding government-issued identification absent a legislated or common law authority to do so," the report stated, "as such a practice may be considered akin to a street check or 'carding.'"

And he noted that Ontario's Ombudsman "criticized the practice as a violation of human rights and recommended safeguards to protect those rights."

Paterson said his organization raised the issue with the Vancouver Police Department late last year and was informed the force are in the process of "creating a policy" he expects to be released to various stakeholder groups for consultation "before too long."

"We've been encouraged that they decided to look at this to make sure there are rules and guidelines set down for individual officers," he said.

Civil libertarians' concerns aren't just about racial profiling by police, Paterson said. He said there are also worries about when officers are allowed to enter personal information into their systems — and potentially create lifelong problems for a person who was never even a suspect of a crime.

> **"This has become just a massive source of lost confidence.**
> Josh Paterson

But Rick Parent, an associate professor of police studies at Simon Fraser University's criminology school, countered that carding in and of itself is not a problem.

"Carding has been distorted," he said. "It's not stopping the average person while they're walking down the street or just gathering information.

"That's a Toronto thing. We have a tendency of taking something that's happening in Toronto and saying it's happening across Canada. But carding for the most part is a good thing. It's rare that it's abused."

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metro NEWS

Your essential daily news

McDonald's introduces a healthier McNugget. **Business**

Residents irked by Airbnb

CONDO CONCERNS

Association has received about 200 complaints in six months

Wanyee Li
Metro | Vancouver

A man cycles past a newly constructed condo near the Olympic Village in Vancouver on Tuesday. WANYEE LI/METRO

Vancouver Airbnb listings in condos continue to raise concern among some homeowners and renters.

Local resident Diane Felske was shocked when she sold her one-bedroom Olympic Village apartment this summer, only to find it listed on Airbnb weeks later.

"I knew it was my place because I sold our old bed to them. I recognized the bed frame in the picture," she said.

"I was shocked. I was told that the owners would be staying there," said Felske, who was looking for a place to rent at the time.

The listing is hosted by "Vanessa," who has 14 other Vancouver listings on Airbnb.

Vanessa did not return Metro's request for comment by deadline.

Felske said she would not have sold her apartment to the buyers if she knew they would make a Airbnb business out of it.

When homeowners can make more money listing their property on Airbnb than renting it out, tenants are left with few options, she said.

"I'm just feeling very frustrated as a renter who makes an average wage living in the city."

But Airbnb is not only an issue for renters but condo owners as well.

The Condominium Home Owners Association (CHOA) has received about 200 complaints from stratas about Airbnb listings in the past six months, said executive director Tony Gioventu.

But strata councils only seem to take issue with people who buy condos with the intention of listing it on Airbnb, he said.

"We are not getting complaints about people who do Airbnbs when the owners are living in (the apartment) itself," he said.

"What we are getting complaints about is owners who bought three or four units and are running a hotel out of that strata."

Listing properties on Airbnb that have shared spaces like common hallways, entryways, and fitness centres is a security breach, said Gioventu.

Hosts often give guests fob access in order to access the condo and that provides them with access to the whole building, he explained.

Gioventu recommends stratas vote in a business bylaw that prohibits rentals shorter than 30 days, which would allow them to fine offenders $200 per day.

If offenders refuse to pay, the strata can take its case to B.C.'s online Civil Resolution Tribunal (CRT), which launched this summer. It's the first online tribunal dedicated to strata matters, according to the CRT website.

Vancouver city staff will present a report to council in September with suggestions on how to regulate Airbnb.

HOUSING MARKET

Modest correction forecasted

In a report published Tuesday, TD Bank said Vancouver has started what is expected to be a modest correction, which will be reinforced by the recent implementation of the land transfer tax on non-residents.

"Home prices are projected to decline by about 10 per cent in the region by mid-2017, before stabilizing later in the year," TD said.

However, even with a drop of that size, the bank noted that prices will still be well above were they were just one to two years ago. A 15 per cent property transfer tax on foreign buyers came into force this month in Metro Vancouver. The B.C. government brought in the tax in hopes of helping to improve home affordability. The report by TD came as Royal Bank said the first half of this year marked the biggest six-month drop in housing affordability in the Vancouver area since at least the early 1990s.

RBC reported its cost-of-ownership measure for Vancouver rose to 90.3 per cent of the median family pre-tax income, after rising 6.1 percentage points in the second quarter and 6.6 percentage points in the first quarter.

The bank said it was the biggest back-to-back deterioration in affordability for the Vancouver area in 26 years of record-keeping.

RBC tracks how much of a typical family's pre-tax income would be required to cover monthly mortgage interest and principal payments, property taxes and utilities for two categories of housing in 14 urban markets across Canada.

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ENVIRONMENT

Poison to be used to remove non-native fish

British Columbia's Fish and Wildlife Branch says all the fish in two lakes in the Upper Nicola watershed will have to be killed in order to get rid of an unwanted perch.

Biologist Steve Maricle says perch were spotted earlier this year in Windy Lake and Little Windy Lake, both about 50 kilometres northwest of West Kelowna.

Perch are not native to the lakes or the Nicola watershed and biologists say the rapidly breeding species competes for food with native fish and has the potential to wipe them out.

> **There's no way we could jump on it this year.**
> Steve Maricle

Maricle says barriers will be set up on waterways leading in and out of the lakes to contain the perch this year.

Rotenone, a poison lethal to fish but with limited effect on other animals such as frogs or waterfowl will then be used to kill all fish in both lakes.

The lakes will be restocked once the perch have been removed, but Maricle says it will be next year at the earliest before any action is taken.

"It's just the logistics of all the permitting that's required to get the product, the rotenone, that we use to treat the lake. To get all the permitting in place to get (the rotenone) in, there's no way we could jump on it this year."

The Fish and Wildlife Branch believes visitors to Windy Lake and Little Windy Lake intentionally introduced the perch into the water.

THE CANADIAN PRESS

Sophia Lee, 6, stands beside her father, Melvin Lee, at a poster drive to save Carleton Elementary, Graham D. Bruce Elementary and Gladstone Secondary from closure. JENNIFER ST. DENIS/METRO

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Save schools: Developer

JOYCE-COLLINGWOOD AREA

Company asks board not to close two local institutions

Wanyee Li
Metro | Vancouver

A developer says the potential closure of two East Vancouver schools is putting a damper on its plans to build a 256-unit multi-family development in the Joyce-Collingwood neighbourhood.

Westbank Projects Corp. has a rezoning application for 5050 Joyce, which is blocks away from Graham D. Bruce and Sir Guy Carleton elementary schools — both of which are on the Vancouver School Board's list for potential closures.

> **If there is room to revise our projects, they will be revised.**
> Mike Lombardi

In a letter to the school board, the developer said it is "disappointed" to learn about the potential closures and that it is encouraging the board to "pursue all options to keep (the schools) open."

Almost half of the development is slated for two- or three-bedroom units, according to Westbank.

One parent says she is grateful the developer understands the importance of building a family-friendly neighbourhood.

"We don't want to turn into one of those areas where there are lots of condos and new families coming in but not enough spaces in the schools," said Melanie Cheng, leader of the Graham D. Bruce parent action committee.

Cheng has two sons currently enrolled at Graham D. Bruce and hopes her four-year old daughter will one day be able to go to the same school. Her daughter would be the fourth generation in the family to attend the school.

Potential school closures are a reality many East Vancouver neighbourhoods have to face, because 11 out of 12 schools on the board's chopping block are on the east side. But its those very neighbourhoods that are experiencing rapid growth, said one local politician.

"This is where development is happening in the city. Our small area, where Bruce and Carleton are seeing some of the fastest growth in density, if not the fastest, in the city," said Adrian Dix, NDP MLA for the Vancouver-Kingsway.

"The idea that we would accept a massive increase in children here and see our public schools on the closure list is not correct."

The board will vote on which schools will be closed on Sept. 26 but affected communities will still have opportunity to provide input before the board makes its final decision in December, according to Mike Lombardi, chairman of the Vancouver School Board.

"We thank the community and we thank Westbank for their input and we will be factoring it into our discussion with the city," he said.

"If there is room to revise our projects, they will be revised."

The school board confirmed last week Sir Guy Carleton Elementary students will be moved to Cunningham Elementary for the 2016-17 year after a four-alarm fire damaged Carleton school on Aug. 19.

The Government isn't listening to you.

Their policy for plain packaging on cigarettes is being rushed through after a short Public Consultation that ends today. How much of a 'consultation' can that be if only 1 in 10 Canadians understand what it's about?

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(Source: A Forum poll of 2,000 Canadians in August 2016) This is a JTI-Macdonald Corp. initiative.

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Participants in a private "rematriation" ceremony that brought home the remains of a grizzly bear Bella Bella locals called "Cheeky," who was shot by NHL player Clayton Stoner. COURTESY ROSIE CHILD

Grizzly killed by athlete honoured

CEREMONY

First Nations put Cheeky's spirit to rest, three years on

David P. Ball
Metro | Vancouver

Friday will mark three years since Metro reported the killing of "Cheeky," a Great Bear Rainforest grizzly hunted by NHL defenceman Clayton Stoner, who was convicted Jan. 27 of hunting without a licence.

Now, Metro has learned that Heiltsuk Nation and other First Nations on B.C.'s central coast held a "rematriation" ceremony last week to bring Cheeky's remains home.

The grizzly bear's remains had been seized by provincial authorities as part of their investigation into Stoner, a player with the Anaheim Ducks.

Roughly 24 invitees attended a private ceremony last Wednesday to cleanse the bear's remains and return them to the land, said Jess Housty, Heiltsuk representative to the Coastal First Nations coalition.

"It was a really emotional time," Housty told Metro in a phone interview. "A big part was focused on calling Cheeky's spirit home.... We needed to put Cheeky's spirit to rest."

Stoner pleaded guilty to one Wildlife Act breach, with the Crown dropping several other charges of hunting out of season, unlawfully possessing dead wildlife and making a false statement. The judge banned him from hunting for three years and fined him $10,000.

His lawyer had argued that B.C.-born Stoner was unaware he was breaking the law because he didn't understand the residency requirements.

But Housty emphasized that the gathering last week wasn't about Stoner, and though participants are involved in trying to end B.C.'s grizzly trophy hunt, she said it wasn't publicized for a reason.

"We wanted to keep things really private until after the ceremony, which was about Cheeky and not politics," she said. "We followed our protocols around what happens with remains of grizzly bears in our culture."

Requesting that some details of the ceremony not be described because of traditional protocols, Housty did reveal the rite involved a grizzly bear mask dance and "brushing" of the remains.

And because the ceremony involved nine different First Nations cultures as well as allies in the environmental movement, she said that traditional rituals were adapted "into something modern ... which felt a little bit like breaking new ceremonial ground."

"We wanted to do ceremonies appropriate to all the nations," she added, "to cleanse and brush clean spiritually the remains of any negativity or hard feelings."

Meanwhile, Coastal First Nations continue their "Bears Forever" campaign to ban hunting of the species, including asking members of the public to sign an anti-trophy hunting pledge.

The activity is permitted in B.C., with the government estimating a healthy grizzly population of 15,000, and critics countering that grizzlies are too unevenly distributed in some areas to allow the hunt.

More than 250 grizzlies are killed annually in B.C. But unlike rules for black bear hunting, provincial regulations do not require grizzly hunters to harvest their kill for their meat. Cheeky's death helped galvanize sizeable public opposition to the trophy hunt, according to opinion polling, partly thanks to the documentary film Bear Witness.

"But it's not about Clayton Stoner or Cheeky," she said. "It's about justice for all grizzly bears vulnerable to the hunt."

> **It was a really emotional time. A big part was focused on calling Cheeky's spirit home.... We needed to put Cheeky's spirit to rest.**
> Jess Housty, Heiltsuk Nation

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‘Sidewalk to nowhere’ a costly chuckle

SMITHERS

Town inspired to re-examine building bylaw

On a lonely stretch of pavement in Smithers, a black-and-white sign cautions passersby: “The end is near.”

But rather than warn of impending doomsday, the sign literally refers to the end of the sidewalk, just 30 metres away.

The “sidewalk to nowhere” outside North Central Plumbing and Heating is causing controversy in the small northwestern British Columbia town. A local bylaw requires property owners with building permits of over $75,000 to construct public infrastructure outside their premises.

General manager Trevor Bruintjes said it cost the company $10,000 to build the walkway that connects to nothing, as the nearest sidewalk is 500 metres north. “It is all by itself, for hundreds and hundreds of feet,” Bruintjes said.

He said he understands the bylaw’s intention; but the sidewalk will remain unconnected until one of his neighbours decides to undertake $75,000 in renovations.

In the meantime, the business is poking fun at the situation. It installed two signs on the pathway — the first reading “The end is near,” and the second, a short distance later, “The end.” At the grand opening of its new location, the company staged a race to the end of the sidewalk.

“We’re having as much fun with it as we can, just because we need to put it to some sort of use,” Bruintjes said.

Mayor Taylor Bachrach said the sidewalk has created so much chatter that the town will hold a public meeting Thursday to discuss the bylaw. THE CANADIAN PRESS

The offending sidewalk in Smithers in an undated photo. COURTESY TREVOR BRUINTJES/THE CANADIAN PRESS

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SURREY

Thieves fell power poles in risky heist

BC Hydro says thieves risked death or serious injury by cutting down two power poles with chainsaws in Surrey.

Hydro says the two poles were located on separate properties and their transformers were stripped of copper.

Spokeswoman Mora Scott says 25,000 volts of electricity were running through a power line when one of the poles was brought down, causing a grass fire on Sunday evening.

She says the other pole was located on a property where a house was about to be demolished so the power line was turned off, but the thieves would not have known that when they risked their lives.

Hydro says metal theft is a huge concern because it affects the safety of the public and its employees while impacting the reliability of the electrical system.

The utility says a downed power line is dangerous and that people should stay at least 10 metres away and call 911 immediately. THE CANADIAN PRESS

One of two hydro poles that were cut down in Surrey on Sunday by thieves stealing copper wire. COURTESY BC HYDRO

ROADS

Woman killed, daughter injured in collision

A 47-year-old Nicola Valley woman has been killed in a collision on the Coquihalla Highway, about 20 kilometres north of Merritt.

Police say a commercial tractor unit hit the back of a car holding a mother and daughter. The daughter suffered non-life-threatening injuries. RCMP say the mother was not wearing a seat belt. THE CANADIAN PRESS

Public insurer appeals for safety on long weekend

The Insurance Corporation of B.C. says on average five people die and 520 are injured out of every 2,000 crashes on Labour Day long weekend.

Drivers are reminded to plan ahead, leave lots of time to reach their destination and ensure their vehicle is in good shape for a trip. THE CANADIAN PRESS

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Lower risk, lower return

If you're a slow and steady investor, there's no shortage of products to suit your style

ISTOCK

Michelle Williams

With the volatility of the market and low returns on many investments, how does an investor decide which way to go? "A lot depends on your risk tolerance and your time horizon," explains Ron Dale, partner at Bongard Dale Fried Chartered Accountants. If you err on the side of caution, here's Dale's rundown of products for investors like you:

Guaranteed investment certificates are a popular choice for those who want to avoid risk. GICs offer a guaranteed rate of return over a fixed period. The rate will vary depending on the length of the term and interest rates at the time of purchase. "Locking in gives you slow, steady growth, but works to your disadvantage if the market improves," says Dale.

High-interest savings accounts (HISAs) are savings accounts with competitive interest rates, and you can withdraw funds without penalty. The interest is calculated daily. "HISAs often come with bank fees and minimums, but they're great for investors looking for flexibility."

Canada Savings Bonds are guaranteed and very safe, but "the interest is extremely low, even over a longer term, which makes it a less popular choice than it was in the past."

It doesn't pay to be too cautious, however. Ultimately, Dale believes for most investors, the most effective approach is a combination of lower risk/reward and higher risk/reward options, focusing on your comfort with risk and how quickly you need to grow your investment.

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ISTOCK

Higher risk, higher return

You're an investor who prefers risk and reward, and you're looking for the payoff. Buckle up

Michelle Williams

Looking for that quick return? Despite the volatility of the market and low return on many investments, some investors insist on taking bold risks that can lead to tidy returns. It's all about risk tolerance and timing, according to Ron Dale, partner at Bongard Dale Fried Chartered Accountants. Here's Dale's rundown of products for those who are willing to take some risks:

Penny stocks can be purchased for literally pennies a share, but usually the expectation is that the share will grow exponentially over a relatively short period of time. "Investing in stocks like this can give you quick results, but they're usually high risk," says Dale.

A second mortgage can provide low-interest cash for investment — but you may not have enough equity if the market diminishes and you could default on your mortgage payment.

Flipping real estate, on the other hand, may look easy on television, but it's harder than it appears and is often "a risky way to turn a profit."

Ultimately, exercising some degree of caution is wise.

Business ventures often start with someone approaching you about an idea to make some quick money by investing in a product or service. "Typically you get high interest for your loan, but it's unsecured," so there's potential to make money but also to lose everything if the venture goes bad.

Ultimately, exercising some degree of caution is wise. Dale believes for most investors, the best bet is a combination of low risk and high risk investments, depending on your timeline and how comfortable you are with risk.

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Trudeau's China trip all about the economy

FOREIGN AFFAIRS

In first official visit, PM must get down to business

When Prime Minister Justin Trudeau visited Washington D.C. for a state dinner, his job was to dazzle. But on his first official visit to China as prime minister, Trudeau must get right down to business.

Where is he visiting?

After landing in Beijing around midnight on Tuesday, Trudeau plans to visit Shanghai, Hangzhou and Hong Kong before departing on Sept. 7.

Who's travelling with him?

The prime minister is bringing his wife, Sophie Grégoire Trudeau, and seven-year-old daughter Ella Grace. Cabinet members Finance Minister Bill Morneau, Foreign Affairs Minister Stéphane Dion and International Trade Minister Chrystia Freeland will also join him.

Prime Minister Justin Trudeau, his wife Sophie Grégoire Trudeau and daughter Ella-Grace arrive in Beijing on Tuesday.
ADRIAN WYLD/THE CANADIAN PRESS

What does he hope to accomplish?

1 G20: Trudeau will attend the G20 summit in Hangzhou, where he will meet with finance ministers and leaders from all around the world to discuss the globalized economy.

2 Free trade: A free-trade deal with China, Canada's second-largest trading partner, would be a big get for Trudeau's government.

3 Canola: Recent restrictions on the amount of foreign material, such as weeds and other crops, in Canada's canola exports could mean big losses for farmers. China buys 87 per cent of its canola from Canada, and is asking producers to cut the level of foreign material in deliveries by more than half for health and safety reasons by this Thursday.

4 Spies: Trudeau is expected to bring up Kevin Garratt, a Canadian missionary who was charged with espionage last January and is held in prison in China.

5 Human rights: While many would like to see Trudeau take a stand against China's human-rights record, it's a touchy subject and one that will be difficult for him to broach while negotiating economic issues.

TORSTAR NEWS SERVICE

CRIME

Sexual misconduct in military punished

The Canadian Armed Forces says it is making progress in the fight against sexual misconduct in the ranks, but much more work needs to be done.

In an update Tuesday, the military said it completed 51 investigations into inappropriate sexual behavior between April and July.

As a result, 30 people had received "career-impacting" punishments ranging from fines to outright dismissal from the forces. Three more were referred to civilian authorities while the perpetrators in four cases could not be identified.

Ten cases were considered unfounded.

Defence chief Gen. Jonathan Vance, who has made the elimination of sexual misconduct a priority, described the results as a "good start." But Vance acknowledged much work remains to be done after the report showed there were 97 other cases of inappropriate and harmful sexual behaviour under investigation in the same period. THE CANADIAN PRESS

AFGHANISTAN

Canadian and his wife plead for lives

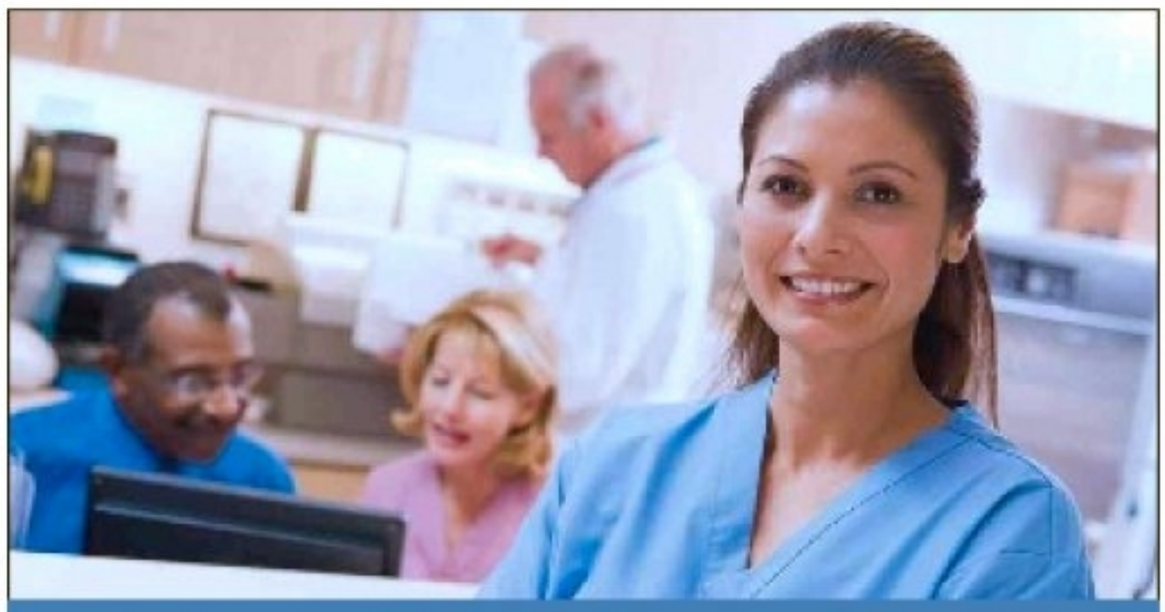
A Canadian and his American wife have appeared in a new video pleading for their lives.

Joshua Boyle and Caitlan Coleman were kidnapped by the Taliban in 2012 while on a backpacking trip in the mountains of Afghanistan.

In the video shared by SITE Intelligence group Boyle, 33, and Coleman, 31, say that if the Afghan government doesn't stop executing Taliban prisoners, their captors will kill them and others.

"They will execute us, women and children included, if the policies of the Afghan government are not overturned either by the Afghan government or by Canada somehow, or United States," Boyle says.

TORSTAR NEWS SERVICE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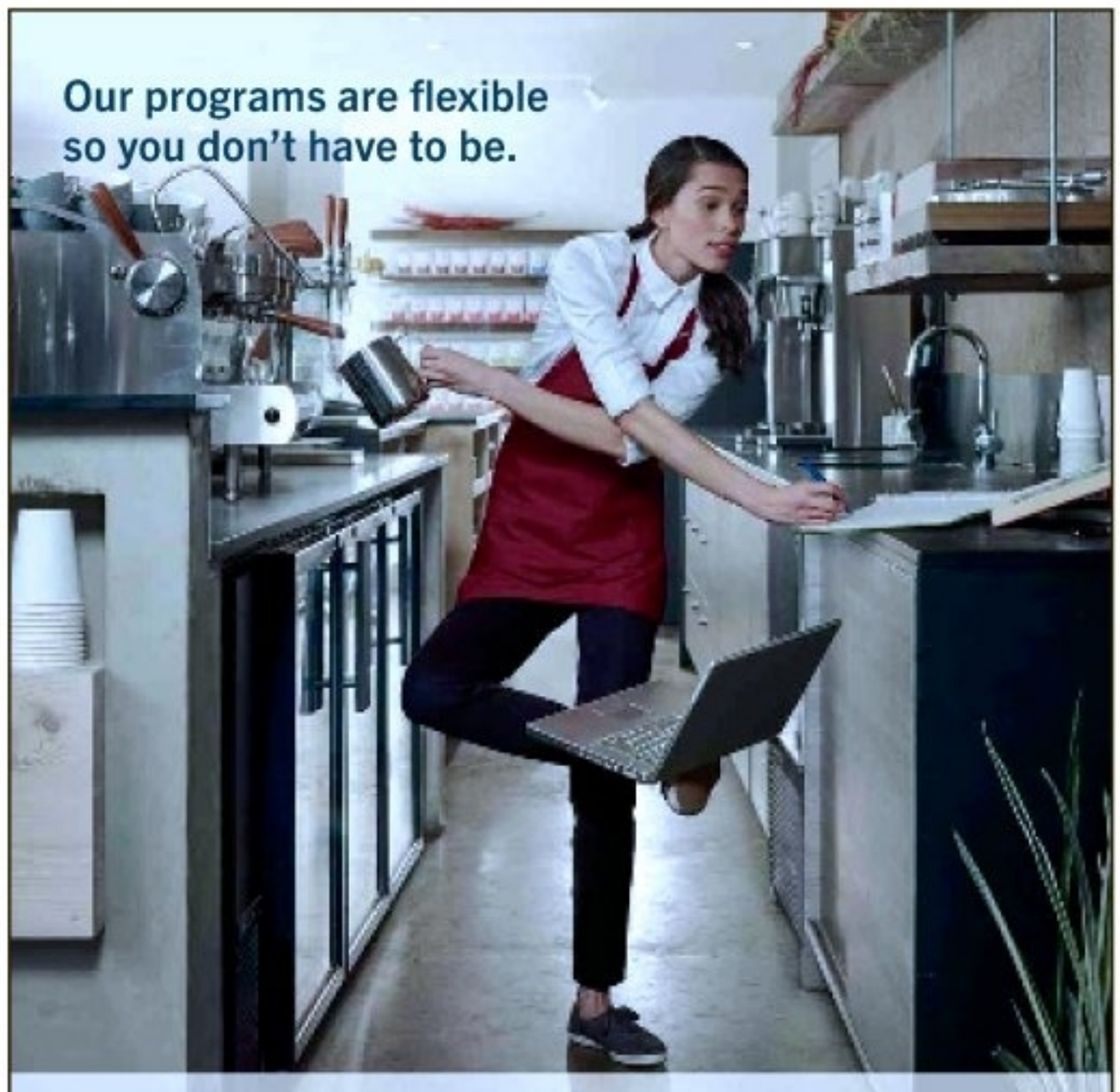

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Thousands buried in Daesh mass graves

TERRORISM

Number of victims ranges from 5,200 to over 15,000

Peering through binoculars, the young man watched as Daesh extremists gunned down the handcuffed men and then buried them with a waiting bulldozer. For six days he watched as Daesh filled one grave after another with his friends and neighbours.

The five graves arranged at the foot of Sinjar Mountain hold the bodies of dozens of minority Yazidis killed in Daesh's bloody onslaught in August 2014. They are a fraction of the mass graves Daesh extremists have scattered across Iraq and Syria.

Through interviews, photos and research, The Associated Press has documented and mapped 72 of the mass graves, with many more expected to be uncovered as Daesh's territory shrinks. In Syria, The Associated Press has obtained locations for 17 mass graves, including one with the bodies of hundreds of members of a single tribe all but exterminated when Daesh extremists took over their region.

For at least 16 of the Iraqi graves, most in territory too dangerous to excavate, officials do not even guess the number of dead. In others, the estimates are based on memories of traumatized survivors, Daesh propaganda and what can be gleaned from a cursory look at the earth. Still, even the known numbers of victims buried are staggering — from 5,200 to more than 15,000.

On Sinjar Mountain, Rasho Qassim drives daily past the mass grave that holds the bodies of his two sons. The sites are roped off and awaiting the money and the political will for excavation.

"We want to take them out of here. There are only bones left. But they said 'No, they have to stay there, a committee will come and exhume them later,'" said Qassim. THE ASSOCIATED PRESS

Kurdish Peshmerga forces inspect a site marked with a sign reading "Kurdish mass grave" in Iraq in 2014. THE ASSOCIATED PRESS

FRANCE

Burkini ban a 'stupid reaction': UN official

The United Nations human rights office says local bans in France on burkini swimwear amount to "a grave and illegal breach of fundamental freedoms" and a "stupid reaction" to recent extremist attacks.

OHCHR spokesman Rupert Colville says the rights agency wants local officials to "immediately" lift the bans, saying they don't increase security.

A French high court has struck down on French towns' ban on the burkini, effectively invalidating such bans in about 30 towns, though many remain.

Colville says such bans "fuel religious intolerance and the stigmatization of Muslims," and "have only succeeded in increasing tensions."

In Cannes, a French court has overturned a ban on burkinis.

Colville said people who wear burkinis or any another clothing "cannot be blamed for the violent or hostile reactions of others."

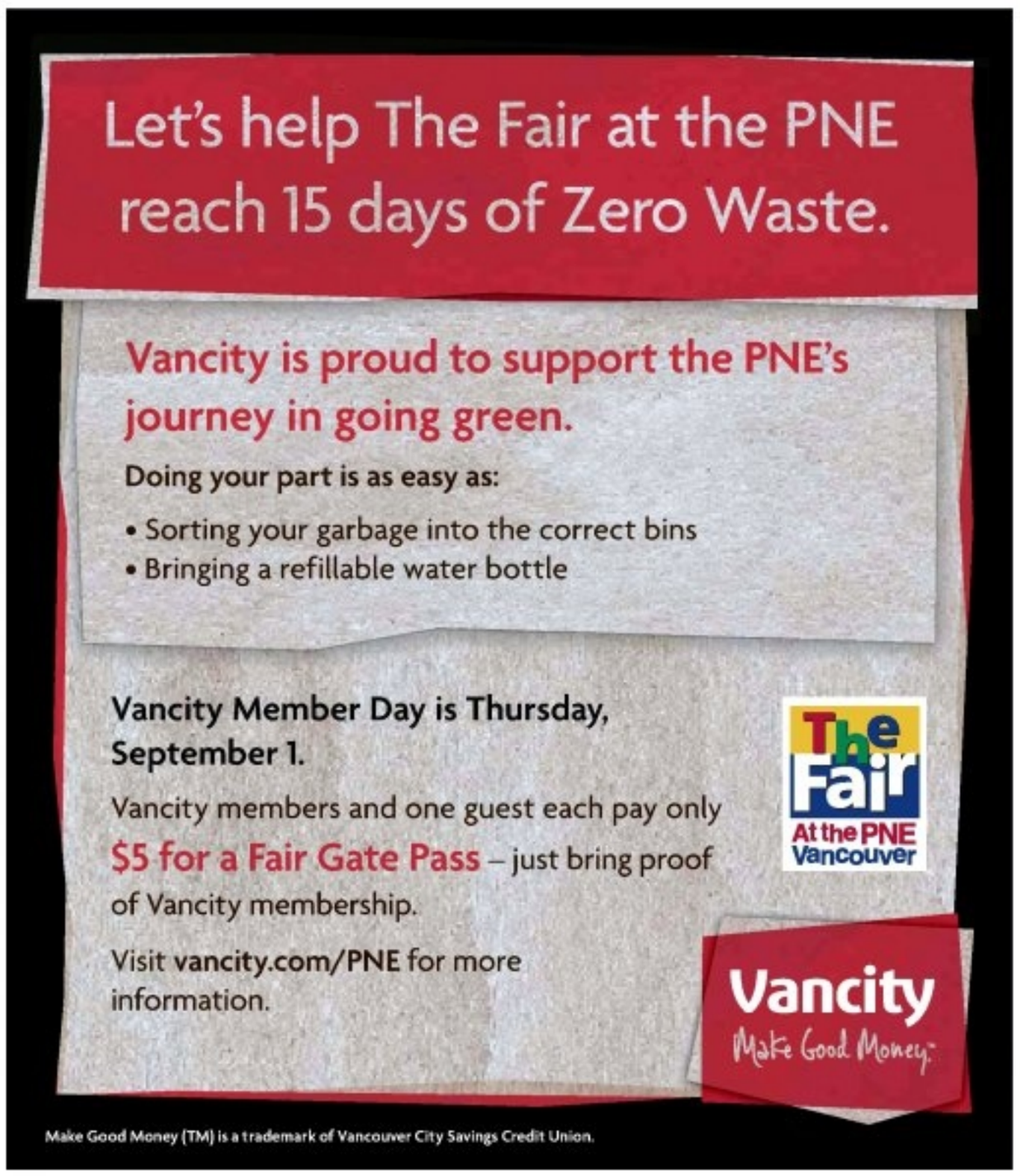
THE ASSOCIATED PRESS

POLITICS

Clinton's Benghazi emails recovered

The U.S. State Department says about 30 emails that may be related to the 2012 attack on U.S. compounds in Benghazi, Libya, are among thousands of Hillary Clinton emails recovered during the FBI's recent investigation into her use of a private server.

Government lawyers told U.S. District Court Judge Amit P. Mehta Tuesday that an undetermined number of the emails among the 30 were not included in the 55,000 pages previously provided by Clinton. The State Department said it would need until the end of September to review the emails and redact classified information before they are released. THE ASSOCIATED PRESS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McNuggets quietly turn McHealthier

McDONALD'S

Mac & Cheese, Hamburger Helper made similar moves

Nicola Pitman, director of menu management at McDonald's Canada, shows their new, healthier McNuggets made in a test kitchen at McDonald's headquarters. TORSTAR NEWS SERVICE

It's a McNugget mystery of sorts — the ultimate blind taste test that has kept Mickey-D fans in the dark.

The world's largest hamburger chain did a recipe reboot of its most kid-friendly food. It's now lower in calories and sodium, and McDonald's Canada introduced it — quietly — a month ago.

If you've eaten the mega-popular chicken treat in August then you've probably already tried the new version, which is free of artificial preservatives and minus the chicken skin that the giant chain used for flavour and binding.

As inventories of the original McNuggets were cleared, most Canadian locations started using the new ones (which are delivered frozen), and over the last two weeks they have been served in all restaurants, the company says.

But if it's a McHealthier move that will especially please parents, why not shout it from the rooftops of the Golden Arches? "I think people know we are doing lots with our menu," said Nicola Pitman, director of menu management at McDonald's Canada.

Established fast food chains have been scrambling to step up the image of their food amid stiff competition from smaller rivals promising wholesome alternatives. Kraft Heinz successfully made a similar move when it announced last March that it had quietly stripped its signature Mac & Cheese dinners of artificial flavours, preservatives and dyes three months earlier from the 79-year-old neon orange noodles — and virtually no one noticed. They sold the same amount as usual over that time.

Others, such as General Mills, have also made stealth moves (they quietly reduced sodium content in Hamburger Helper over six years to 2014) which observers say is intended to combat consumer perceptions that tinkering with a classic recipe would hurt the taste — à la the disastrous New Coke. TORSTAR NEWS SERVICE

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Wednesday, August 31, 2016

ROSEMARY WESTWOOD
in Vancouver

The cost of buying a home in Vancouver grabs headlines, but it's an equally dog-eat-dog world out there for renters.

Rosemary is in Vancouver all week, reporting on the major issues facing the city. Today: housing.

It is, in the context of Vancouver's mad open houses of late, a tame event. A half-dozen rental hunters, a modest one-bedroom for $1,300 in the city's Mount Pleasant neighbourhood, with a closet-sized kitchen from the '70s and plenty of natural light.

Not, notes the property manager, the typical showing.

"My vacancy is near zero. When I put an ad out, I get 80 responses," he tells the small group I've joined (thank God, in an observer's capacity), in a borderline brag.

Like we need the reminder. The cost of buying a home in Vancouver grabs headlines, but it's an equally dog-eat-dog world out there for renters. "It's insane," one woman tells me. She saw a place at 9 p.m. one night last week, and it was rented by 8 a.m. Some landlords expect thousands of dollars in rent on the spot. One apartment she looked at jumped from $800 to $1,300 a month in two years.

Another woman had been away from the city a year, only to return to skyrocketing rent. "I came home, and I was like, 'What the hell happened?'"

There's no time to make a decision, the first woman adds, but you want to make sure you like the place you choose, because God forbid you have to move out any time soon and face another surge in rent.

As a result of all this, the property manager — a soft-spoken but chatty man who's been in the business for decades — says he's fielding applications for some high-priced condos from the highly unqualified, who are hoping to carry a $2,500 monthly rent with a student loan. "People are applying who can't afford it. What are you doing here? You can't afford this!" he says.

Then, among the more qualified, there's pressure to pay above-market prices. One Metro colleague spent weeks searching via open houses with dozens of other renters, a.k.a. competitors (he even found himself relieved a man with a cane would likely be cut from the list). His "happy" ending: He now pays 30 per cent more in rent than he used to, and that's after he forked over his first payment a month early, to secure the lease (he's also renting out his old place on Airbnb to cover his increased expenses).

The story is the same in Victoria. One friend witnessed a guy "who took a zillion applications at an open house and then let the final chosen ones price-bid each other. Makes me want to barf."

From another renter's point of view: "Victoria is rife with opportunistic scum."

"I listed my condo in Victoria this month and got over 100 emails," noted another friend and Victoria landlord. "The market is insane,"

There's even a Nanaimo rental crunch, and the story of a woman who had to resort to Airbnb listings to find a long-term rental.

Meanwhile, as my colleague Wanyee Li reports today, some are buying condos especially to rent them out on Airbnb. One former condo owner told Metro she was shocked to find her old unit, which she had recently sold, listed on Airbnb by someone who had a dozen other properties.

But the chatty property manager at this showing would likely be unsurprised about such a hustle. With the costs that go along with being a landlord, he says, including unexpected expenses for new building regulations and rising property taxes, with only a fixed 3 or 4 per cent annual rent increase allowed, "you're not making a profit. That's a fact."

"(Rent control is) limiting the revenue, and your expenses are going up. So what do people do? They dump the property.

"Ten or 15 years ago, there was a lot more vacancies downtown because people were buying condos," he added. Now those once potential buyers have become reluctant renters, pushing up demand, prices, and the sense of desperation.

"Tenants have a sense of entitlement: I deserve to only pay this much rent," he says. "That's kind of what it is,"

Some, perhaps. Many would just like rent to cost the 30 per cent of income that affordability experts tell us it should. And while some rents might not be keeping up with property taxes, neither are many people's incomes. Landlords might feel stuck by leases, but renters feel stuck with few options. And while being a landlord is a choice, finding a place to live? Not so much. Which is why, if I had to place my sympathies with cash-strapped landlords or cash-strapped renters, I'd find it an easy choice.

The women at the open house agree affordability is a pipe dream, and they — like everyone else — take a three-page rental application. The stove might hail from the disco era, but the bathroom is new, and there's new wall-to-wall carpet, plus a balcony (next to the dumpster). All in all, for Vancouver, not too shabby.

Tomorrow: Lessons from the front lines of the fentanyl crisis

Return to peacekeeping won't be return to '90s

Paul Wells

Harjit Sajjan's office offered me an interview with the defence minister. This was more than a week ago now, after Sajjan landed in Vancouver from a week-long visit to Africa. I sat on the interview for days because I wasn't entirely sure what to make of it.

After our conversation, Sajjan and two other ministers announced Canada will contribute 600 soldiers and $450 million over three years to United Nations peacekeeping. Self-congratulation from some corners has been hearty. But a lot of what Sajjan told me stands as a useful corrective.

"This is not the peacekeeping of the past," Sajjan told me. "There's no peace to keep."

Traditional peacekeeping was a relic of 19th- and early 20th-century industrial war, when massed armies would hurl themselves at one another in ways that actually made them relatively easy to separate. Latter-day asymmetric combat, led in many cases by ragtag groups of militants, follows no neat lines. Civilian and paramilitary groups mix, as do friendly and unfriendly armies. Allegiances shift. It's hard to know where to send the blue helmets.

Sajjan and his colleagues need to make up a new way for Canadians to be helpful in Africa. That's the work he was pursuing when he visited Ethiopia, Kenya, Tanzania, Congo and Uganda. "This trip was about getting the direct facts," he said. "Because you need to get a really good, deep understanding of what's really going on."

Great. Going on where? Africa is three times the size of Canada, with 30 times its population.

"I've been quite honest about my approach on this," Sajjan said. "Just because I visit an area doesn't mean we're going to be contributing troops (there). And just because I didn't visit an area doesn't mean we're not going to be contributing troops."

So: Canada is sending up to 600 soldiers, plus some of civilians, to provide expertise and services. Sajjan doesn't know where yet. This makes more sense than it seems to. In 2001, it was clear where Canadian troops were going: Afghanistan. They then spent a decade learning the regional politics and tribal sociology that affected soldiers' work every day. Sajjan wants to front-load the homework, and pick a mission later.

Sajjan's agenda may offer hints. Four countries he visited are big donors to UN peace operations. Uganda has about as many soldiers in the field as Canada is offering, Ethiopia 14 times as many. But the Democratic Republic of Congo has fielded only 20. But a UN force of 20,000 has been stationed in the DRC since 2010. It's a tricky business. All told, 102 soldiers have been killed there.

Let's hold off on the self-congratulation until we know what our soldiers are getting into.

Paul Wells is a national politics columnist for the Toronto Star.

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Canadian IndyCar driver James Hinchcliffe is taking a spin on Dancing with the Stars

Tried and tested school lunches

RECIPES

Sandwiches get old quick — here, some ideas to inspire

1 Mini quiches — Ottawa dad Craig Stewart uses quiche as a solution to sandwich ennui. Use frozen pre-made tart crusts for an easy, make-ahead lunch. **2 Cumin-spiced tofu tacos** — Torstar life editor Mary Vallis swears her daughter scarfs these tacos down.

Short of telling your kid, "Eat what I make or else starve," there are ways to fuel them for the day with help from dietitians who have seen countless children of different appetites, as well as parents with go-to recipes that their kids devour when it's time for them to head back to school next week.

One of the best ways to broaden a child's horizons is to simply get the kids involved in making their lunches.

"It's not even the meal prep, it goes all the way to the grocery shopping and planning your meal" says Richmond Hill, Ont.-based registered dietitian Mahsa Esmaeili. "When they're involved, no matter what they're preparing they're more likely to eat it."

One mom from the Facebook group Bento Lunch Box Ideas-Canada told me she makes her own buns using a bread machine and her kids choose the fillings whether it's zucchini and chicken, or most recently, ham and egg. She says it gives the kids a sense of pride in having a say in their creations.

If kids don't like sandwiches, switch the vessel. Once a month, Ottawa dad Craig Stewart bakes a large batch of mini-quiches for his twin 13-year-old daughters.

"I've done spinach, ham, mushroom, asparagus, sautéed onion, peppers, leftover roast chicken, different cheeses, basil, chives. It's anything you think your kids will like or if you want to sneak some stuff in there, they tend to eat it," he says. To serve, he takes a few quiches out of the freezer and throws them into his daughters' lunch bags with an ice pack.

"You also want to incorporate different flavours, textures and colours," says Esmaeili.

Mini quiches

This recipe comes courtesy of Craig Stewart, an Ottawa father of two. Find boxes of pre-made tart crusts in the frozen section of the supermarket (Tenderflake is the most common brand). Use the egg and milk mixture as the base and substitute with fillings of your choice.

Ingredients:

- 4-5 strips of bacon
- 24 frozen mini tart shells
- 4 large eggs
- 2 cups (500 mL) milk
- 1/2 cup (125 mL) finely chopped broccoli
- Salt and pepper, to taste
- 1 cup (250 mL) shredded old cheddar

Directions:

1. Preheat oven to 375F

2. Arrange tart shells on a lined baking sheet. Set aside.

3. In a skillet over medium-high heat, fry bacon until browned and crispy. Remove from heat and let cool to room temperature on a plate lined with paper towel. Chop bacon into small pieces.

4. In a mixing bowl, whisk together eggs, milk, bacon and broccoli. Season with salt and pepper.

5. Carefully pour egg mixture into tart shells until full but not overflowing. Sprinkle cheddar on top of each tart. Bake for 25 to 30 minutes or until cheese is bubbly and eggs are set.

6. Let cool for five minutes before serving or let cool to room temperature before freezing up to 3 months.

Cumin-spiced tofu tacos

This recipe comes courtesy of Torstar Life editor Mary Vallis who for months now has been swearing that her daughter scarfs these down every time. Make this tofu mix ahead of time and use as much as you need to for the tacos.

Ingredients:

- 1 tbsp (15 mL) olive oil
- 1 350g-brick extra firm tofu, drained and crumbled
- 2 tsp (10 mL) ground cumin
- 1/2 tsp (2 mL) chili powder, or more to taste
- 1 cup (250 mL) canned black or kidney beans, drained and rinse
- 1/2 cup (125 mL) fresh or frozen corn kernels
- Salt and pepper, to taste
- Grated old cheddar, to taste
- 8 hard or soft taco shells

Directions:

1. In a large skillet over medium-high heat, heat oil. Add tofu, cumin and chili. Sauté until tofu starts to turn golden brown. Add beans and corn. Continue to cook until corn starts to brown. Add salt and pepper to taste. Adjust seasoning as needed (ask your child for input). Remove from heat and transfer to plastic food container. Let flavours marinate for 10 minutes. If not using immediately, let cool to room temperature before refrigerating for up to a week.

2. To make tacos, fill each taco shell with about 1/2 cup tofu filling. Wrap tightly with plastic wrap and store.

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Standoff with Chris Brown ends peacefully in L.A.

LEGAL TROUBLE

L.A. police had responded to woman's call for help

Singer Chris Brown came out of his Los Angeles home peacefully Tuesday after an hours-long standoff with police who responded to a woman's call for help.

Police Lt. Chris Ramirez said several people were escorted from the residence after a search warrant was served.

No arrests had been made and everyone has been co-operative, he said.

Police said the woman who made the call for help at about 3 a.m. was not inside the hilltop estate in the San Fernando Valley. Ramirez did not identify the woman or elaborate on the assistance she needed. He did not know if she was injured.

Brown's attorney Mark Geragos arrived at the home shortly before the warrant was served.

Earlier, Brown posted several videos to social media declaring his innocence. The singer has been in repeated legal trouble since his felony conviction in the 2009 assault of his then-girlfriend, Rihanna.

"I don't care. Y'all gonna stop playing with me like I'm the villain out here, like I'm going crazy," he said in one Instagram video Tuesday, waving a cigarette and looking at the camera.

"When you get the warrant or whatever you need to do, you're going to walk right up in here and you're going to see nothing. You idiots."

Calls and emails seeking comments from Geragos and other representatives were not returned Tuesday.

After several missteps, Brown completed his probation last year in the case involving Rihanna.

In 2013, Brown struck a man outside a Washington, D.C., hotel and was charged with misdemeanour assault.

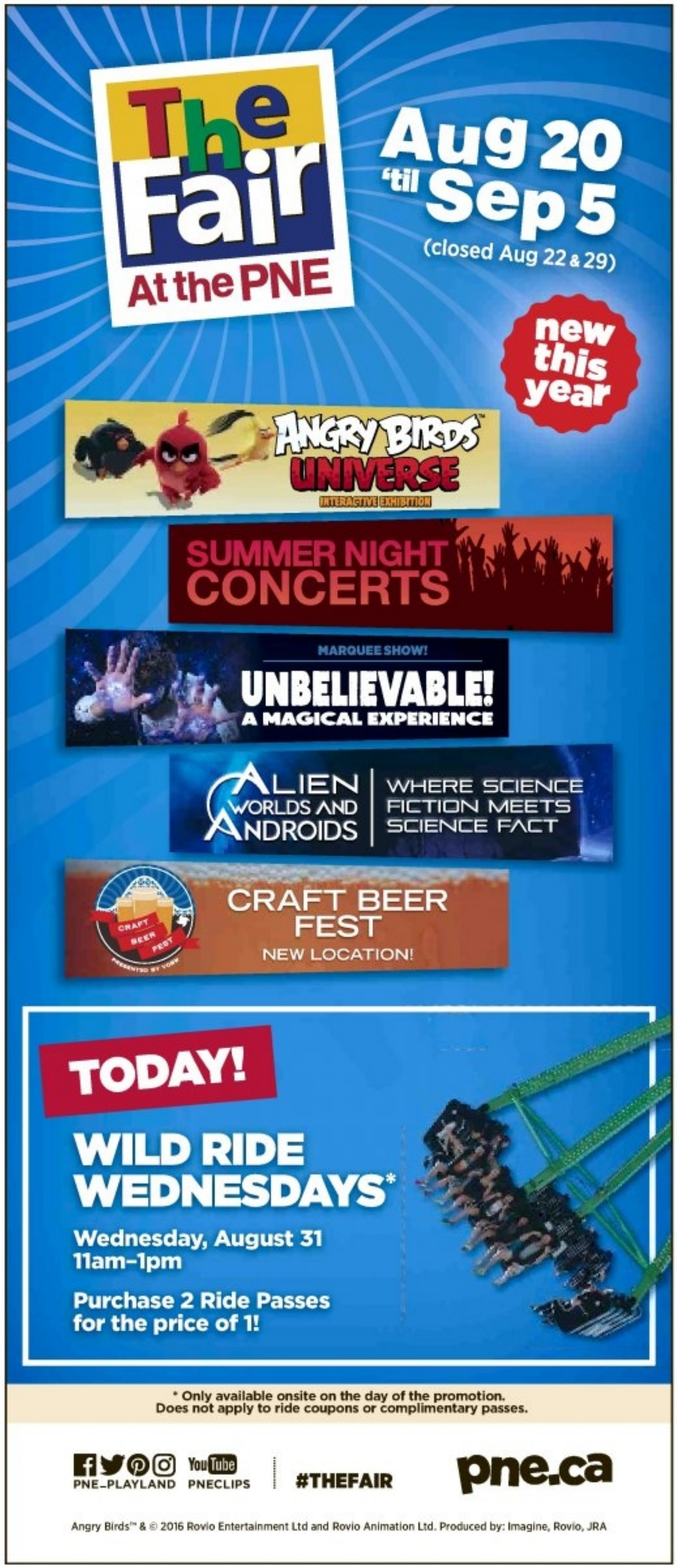
The singer was ordered into rehab but was dismissed from the facility for violating its rules.

He spent 2 1/2 months in custody, with U.S. marshals shuttling him between Los Angeles and the nation's capital for court hearings.

In another incident while in treatment, Brown was accused of throwing a brick at his mother's car following a counselling session. It came after Brown had completed court-ordered anger management classes.

THE ASSOCIATED PRESS

Chris Brown has been in repeated legal trouble since 2009. Below, an aerial shot of Brown's home, where police patrolled on Tuesday. THE ASSOCIATED PRESS



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Lotus Elise 250 Special Edition Celebrates 50 Years in Hethel, England

A plug-in with plenty of power

TORSTAR NEWS SERVICE FILE

REVIEW

Impressive range alone makes this car worth it

Sami Haj-Assaad
AutoGuide.com

Hyundai's first plug-in vehicle is not a pet project or a limited-run experiment; it's a fully fleshed out evolution of the traditional hybrid Sonata that offers an eye-popping 966 kilometres of range.

And while the Sonata Plug-in Hybrid is still based on Hyundai's tried-and-true mid-sized sedan and not built from the ground up like the Volt and Prius, the Korean automaker still manages to make its green vehicle stand out.

Getting the basics out of the way, the Sonata Plug-in Hybrid looks nearly identical to its non-plug-in counterpart, save a few updates. There's also a unique alloy wheel design, and plug-in Hybrids are available in four exclusive colors: Pewter Gray Metallic, Diamond White Pearl, Eclipse Black and Seaport Mist.

The interior also gets Plug-in specific updates, including a new gauge cluster that helps drivers indicate the battery's state of charge. There's a blue pearl leather interior option that features contrasting stitching, too.

The biggest and most important change to the car's interior is a button that changes how the Plug-in prioritizes how it saves fuel. A hybrid mode uses the gas and battery mode together, while an EV mode puts priority on utilizing the electric motor to its fullest and depleting the big battery before firing up the internal combustion engine. A third mode uses the internal combustion engine like a generator to charge the battery and can be activated by holding the HEV button. In addition to the different drivetrain modes, there's a drive mode selector that modifies the steering and responsiveness of the car.

Unlike the normal Sonata Hybrid, there is no Sport mode, which is fine because the Plug-in feels more powerful than the normal Hybrid model. The slim lithium polymer battery pack of the Plug-in is now five times larger than its hybrid counterpart and the electric engine is 32 per cent more powerful, too. Unlike other fuel-friendly cars, the Plug-in feels lively when pressed.

Driving dynamics are typical of the mid-size segment, which is to say it drives easily and sedately. It's not razor sharp like the Mazda6 and skews closer to the Toyota Camry in terms of handling and comfort.

Like our experience in the Sonata Hybrid, the Plug-in is very refined, smooth and quiet. The transition from gas-electric hybrid mobility from pure EV is hardly noticeable and the regenerative brakes aren't overly grabby.

Not just a toy or proof of concept, the Sonata Plug-in Hybrid is fully featured.

THE CHECKLIST | 2016 HYUNDAI SONATA PLUG-IN HYBRID

THE BASICS

Engine: 2.0L four-cylinder paired to a electric motor, making a combined 202 hp
Transmission: Six-speed automatic
CAN Fuel Economy (L/100 km): 5.9 combined in hybrid mode, 2.5 in PHEV mode. Electric range of 35 km
Price: Starts at $45,914

LOVE IT
- 600 miles of range
- Short recharge times
- More responsive than regular hybrid

LEAVE IT
- Limited cargo space
- Select availability

INTERVIEW

Genesis exec details luxury brand's uphill battle

Dan Ilika
AutoGuide.com

Hyundai is on an ambitious journey, spinning off its Genesis and Equus sedans into the foundation of a standalone premium brand.

And while much of that campaign will take place in Hyundai showrooms in the U.S. and beyond, the Canadian market will play host to a direct sales approach à la Tesla, where cars will be available for purchase through online sales and downtown retail and shopping mall locations across the country.

AutoGuide.com sat down with Canadian director of Genesis Motors, Michael Ricciuto, to get some insight into how the premium brand plans to operate.

The Genesis and Equus were pretty well received; how do you build on that success with a spin-off brand?
In 2009 we won North American Car of the Year with Genesis and that was our first attempt at playing in that premium segment. Then with the Equus — which to me was wonderfully executed — we've proven that we can build products that can compete.

> **The G80 will have Nappa leather, open-pore wood trim, panoramic sunroof and navigation all as standard equipment.**
> Michael Ricciuto, Genesis Motors

What makes the Genesis brand a viable venture?
We have the mass market brands, so we can leverage the economies of scale from that and design premium products that are a notch above. Plus, it also allows us to develop technologies that the premium segment will pay for, and then those technologies will work their way down into the mass market brands. Without that platform how do you develop things like head-up display? Because you're never going to do a head-up display and put it in a Sonata. It's just too expensive and you'll never recoup your investment. But you can put it in a (premium car), get the cost down and then, over time, work that into the other products.

What's going to set the Genesis brand apart?
We're going to have products that are very well equipped from the get-go. The G80 will have Nappa leather, open-pore wood trim, panoramic sunroof and navigation all as standard equipment. And really, when you get into this segment those are the features customers really want. Nobody wants to buy a base model luxury car with pleather seats and no sunroof, so why would we build it?

New Spyder lives up to reputation

The 2016 Lamborghini Huracán LP 610-4 Spyder looks not unlike a fighter jet with the canopy retracted when its roof is down. MANJUNATH KIRAN/AFP/GETTY IMAGES

DREAM CAR

Huracán most accessible car in Lambo lineup

Sami Haj-Assaad
AutoGuide.com

During Monterey Car Week, all sorts of fancy and unique cars come out to play. Limited edition Ferraris, pristine classics and ultra exclusive boutique luxury cars are as common here as taxi cabs in New York.

It's the kind of scene that can make you numb to "normal" exotics, but fortunately, I was given a nice adrenaline shot in the form of a 2016 Lamborghini Huracán LP 610-4 Spyder.

The Huracán is the least expensive, most accessible car in the Lamborghini lineup. As a huge part in the automaker's strategy to increase sales, it starts at around $200,000 U.S. for the less powerful, rear-wheel drive LP 580-2. Our Huracán Spyder managed to ring in at $287,225 U.S. and had a number of important features including the navigation package (because I was in unfamiliar parts of Carmel Valley), the carbon ceramic brakes (a car this fast needs excellent, consistent brakes), the lifting kit, and rear view camera and parking system (because you don't want to scratch this Italian beauty on any speed bumps). It also includes Apple Car Play.

In the world of exotics where every unnecessary button, detail or feature adds weight and detracts from the "pure" driving experience of a car, these items are luxuries, but are much-needed, as even a Chevrolet Spark can arrive with a standard smartphone-powered navigation system and reversing camera. The Lamborghini feels worth its price in terms of amenities.

And, yes, including these features is something Lamborghini buyers actually appreciate.

When the Huracán was introduced, the brand crested 3,000 sales across its lineup for the first time. When the long-awaited Urus SUV arrives, it will surely bump that number up even further.

Drop-dead gorgeous drop-top

Give credit to the styling and design of the LP610-4 Spyder — a car that, while we stopped for photos and videos at a scenic outlook, caused motorists to double back and get a closer look at the car, rather than the scenery.

While the Huracán is a looker, it's even more interesting to look at with the roof down, like a fighter jet with the canopy retracted. The soft top barely saw the sunlight while we were driving, but it did elicit "oohs" and "aahs" as the Huracán did its best Transformer impression. The roof disappears in 17 seconds, accompanied by a symphony of mechanical whirrs.

While the roof is tucked away, you may worry that wind noise would be a concern, but all those angles and the low-slung body of this exotic helps deflect wind nicely.

The beast within

The engine sounds brilliant, and each press of the throttle rewards you with a beautiful, addictive growl.

The power delivery is smooth and instant, which is much appreciated in this world of peaky, laggy turbocharged engines. The ability to eke out so much power from this engine is impressive, too, with the 610 horsepower busting the 100 hp per liter benchmark.

Does it need more? I wouldn't know what to do with more power, unless I had a big track all to myself.

AT A GLANCE

Engine
5.2-litre V10

Power
610 hp, 57 kg/m of torque

Transmission
Seven-speed dual clutch

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Ryan Lochte isn't saying whether he'll return to Brazil to face a charge of filing a false police report over a gas station incident during the Olympics

Odor packs powerful punch to walk off M's

MLB

Rangers infielder hits 2-run homer in bottom of 9th

Rougned Odor hit a game-ending two-run homer and the AL-best Texas Rangers beat the Seattle Mariners 8-7 on Tuesday night.

Odour's 25th homer was a drive to the hill in centre field on a 2-2 pitch from Mariners closer Edwin Diaz (0-3), who had converted his first 11 save chances of the season.

Adrian Beltre started the ninth with a single, his third hit of the game.

Beltre homered for the Rangers, who won their fourth straight game and have a 10.5-game lead over third-place Seattle in the AL West. Houston remained 8.5 games back after winning earlier Tuesday against Oakland.

Odor had three hits, but twice was thrown out on the bases earlier in the game.

Matt Bush (6-2), who gave up a go-ahead sacrifice fly to Robinson Cano in the eighth, came back for the ninth to finish the game.

After falling behind 4-0 when Beltre hit his 24th homer, a two-run shot in the third, the Mariners pushed ahead against suddenly erratic all-star lefty and AL ERA leader Cole Hamels with six runs over the next two innings.

Rangers second baseman Rougned Odor attempts to turn a double play against the Mariners' Franklin Gutierrez on Tuesday in Arlington, Texas. TONY GUTIERREZ/THE ASSOCIATED PRESS

TUESDAY In Arlington

8	7
RANGERS	MARINERS

Hamels struck out four and walked four while his ERA rose from 2.67 to 2.91.

The Rangers got even at 6-6 in the seventh on RBI singles by Beltre and Jonathan Lucroy. In between, Odor had a single to right but was easily thrown out by right-fielder Shawn O'Malley when trying to stretch that hit to a double.

Right after Beltre's homer, Odor reached second on a double-error by Mariners starter James Paxton, who bobbled the soft comebacker and then made a throwing error. But Odor was thrown out trying to steal third base, which cost the Rangers a run since Lucroy singled right after that.

THE ASSOCIATED PRESS

NBA

Raptors, Warriors coming to Vancity

Stephen Curry and the star-studded Golden State Warriors will take on the Toronto Raptors in a pre-season game in Vancouver as part of the annual NBA Canada Series.

The game, which will also mark the Warriors debut of superstar Kevin Durant, will take place Oct. 1 as part of the Raptors' preparations for the 2016-17 season.

Toronto, featuring the all-star guard combo of DeMar DeRozan and Kyle Lowry, will also face the Denver Nuggets in Calgary on Oct. 3.

Vancouver will get the first look at Stephen Curry, left, and Kevin Durant on the same team. GETTY IMAGES

56

The Raptors won 56 regular-season games last season (a franchise record) and reached the conference finals for the first time.

This will be the third straight season that Toronto plays an exhibition game in Vancouver. Last season the Raptors beat the Los Angeles Clippers 93-73 at Rogers Arena behind 26 points from Lowry.

The game in Calgary will feature the pre-season debut of Canadian guard Jamal Murray, who was selected seventh overall by the Nuggets at the 2016 draft. THE CANADIAN PRESS

IN BRIEF

Bridgewater dislocates knee, tears ACL

The Minnesota Vikings say quarterback Teddy Bridgewater will miss at least this season after suffering a dislocated left knee and complete tear to his ACL.

The Vikings made the announcement on Tuesday night, hours after Bridgewater went down in practice and rode an ambulance to a local hospital. THE ASSOCIATED PRESS

Bouchard out in 1st round

Tennis star Eugenie Bouchard made an early exit from the U.S. Open after losing 6-3, 3-6, 6-2 to Katerina Siniakova on Tuesday.

Bouchard appeared to struggle with her serve in the third set after having her foot bandaged during a medical timeout. The native of Westmount, Que., was broken three times in the final set. THE CANADIAN PRESS

RECIPE Better Than Classic Tuna Melt

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

The additions of apple and pickle to this tuna melt give it a twist of great texture and surprising flavour.

Ready in 20 minutes
Prep time: 10 minutes
Cook time: 10 minutes
Serves 2

Ingredients
- 2 whole wheat pita breads
- 1 can tuna
- 1/3 cup diced Granny Smith apple
- 1/3 cup diced celery
- 1/8 cup diced cornichon or dill pickle
- 1 Tbsp mayonnaise
- salt and pepper to taste
- 1 cup grated cheddar

Directions

1. Preheat oven to 400 degrees.

2. In a large bowl, mix together the tuna, apple celery, pickle and mayo until it is well combined. Season with salt and pepper.

3. Spread mixture across pitas. Leave a small border around edge the way you do with pizza — it makes it easier to pick up and eat.

4. Sprinkle the cheese evenly across both pitas. Place the pitas on a baking sheet.

5. Pop in the hot oven for about 10 minutes until the cheese is completely melted and the edges of the pitas are toasty brown.

6. Remove from oven and cool for a couple of minutes before cutting each pita into quarters.

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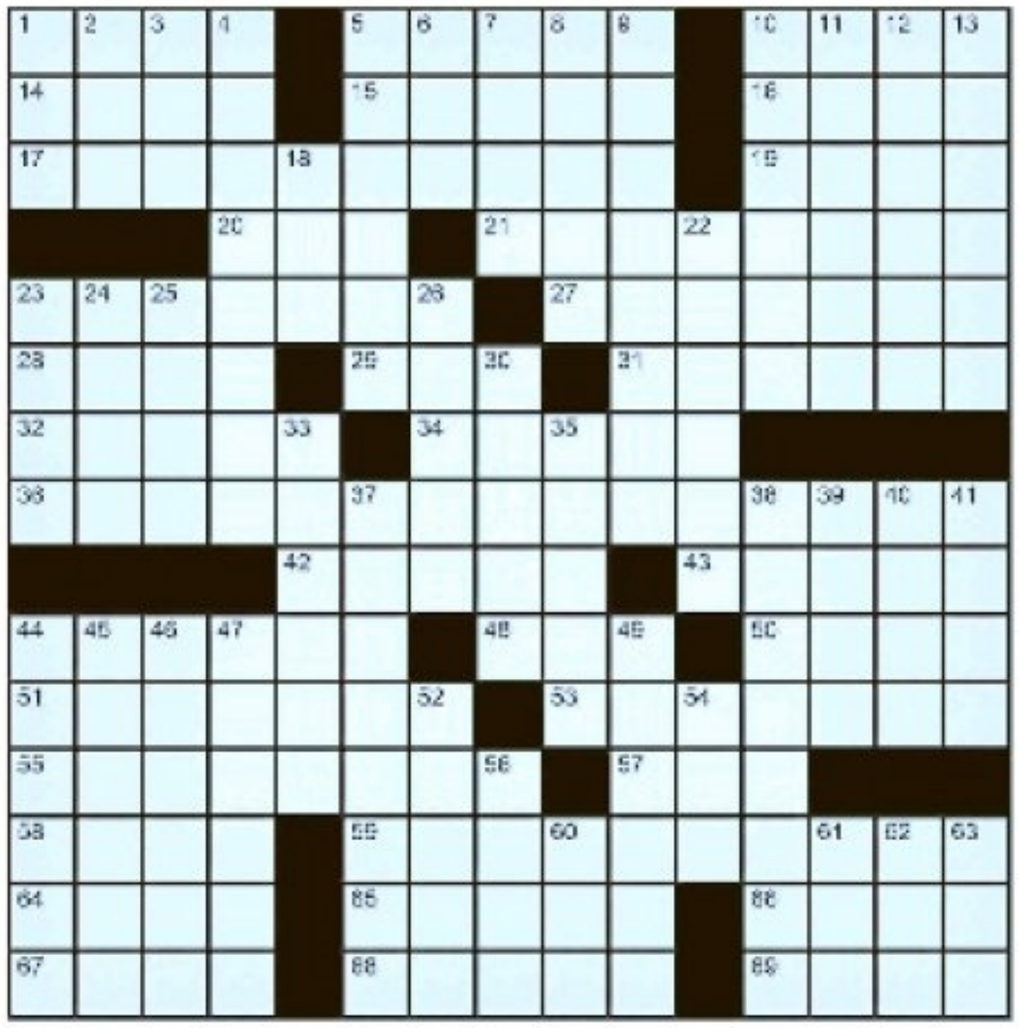
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Taunt
5. The _ (1973) starring Paul Newman and Robert Redford
10. _ _. Wade
14. Person, place or thing
15. Bag carrier
16. Norse epic
17. Decipher a secret message
19. Prefix with 'algia'
20. Abner of comics
21. Refinement
23. Astronomical observatory site in California, _ Mountain
27. Signs up for the military
28. Eye part
29. Eur. country
31. Nan A. _ (Book publisher)
32. Keanu Reeves/Sandra Bullock movie
34. Administered, as medication
36. One of the islands of Iles de la Madeleine in Quebec that's a 'Haven-of-Houses'
42. Leg bone
43. American _ (Pago Pago's land)
44. Infamous movie of 1987
48. Yore
50. Wines: French
51. Sort of close by
53. Binds, surgeon-style
55. Hurt by a barb
57. Singer, Priscilla _
58. Mal de _ (Headache, in French)
59. The Allman Brothers Band's "_ ' _"
64. Frosts
65. Still _ _ (Maya Angelou poem)
66. First-rate
67. Brewer's kiln
68. Like many a window
69. Dispatched

DOWN
1. Wildebeest
2. Lithium-_ battery
3. Commuter's ride
4. One placing something in with the letter in the envelope
5. _ 17 (1953) starring William Holden
6. Mr. Cruise
7. Let _ _ by The Beatles
8. Writer Harper Lee's birth name, _ Harper Lee
9. Beneficial brewed/boiling beverage: 2 wds.
10. Hammer once more
11. Danish writer Hans Christian Andersen's birthplace
12. Inferences
13. Province in Italy's Lombardy area
18. Crater's edge
22. Michael _ (Portrayer of Paul Kinsey on Mad Men)
23. Cousin of 'Pshaw!'
24. Italian harp
25. Mr. Schreiber
26. Fix the movie soundtrack work
30. Ms. Roker of The Jeffersons
33. Attention to _
35. Little
37. Temporary runway
38. Gazelle's grasslands
39. Miss
40. Not any
41. Flippant talk
44. Ab _ (Latin for 'from the beginning')
45. And Muzak filled the air / From _ to Cuyahoga Falls. - The Pretenders, My City Was Gone
46. Rushings
47. Most honest
49. Used a phone number
52. I _ _ Symphony by The Supremes
54. 4's phone letters
56. Music key, _ _.
60. Mad Cow Disease letters
61. Curly's pal
62. Heart sister of Rock
63. Bring in

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Silly errors and delays at work will be frustrating for the next few weeks because Mercury is retrograde. Just grin and bear it. What else can you do?

Taurus April 21 - May 21
Old flames are back in your life, which might be fun or horrific. Creative projects will be slow to get off the ground. Past issues with children might resurface.

Gemini May 22 - June 21
Because your ruler Mercury is retrograde, family might be camped on your doorstep and eating you out of house and home. This will continue for several weeks. Have courage.

Cancer June 22 - July 23
Just accept the fact that the next month will be full of mistakes, transportation delays and misplaced items. You're not losing it, and this is only temporary. You will survive.

Leo July 24 - Aug. 23
Use the next few weeks to wrap up old money issues and deal with loose ends. Money that is coming to you might be late in the mail or delayed. Grrrr.

Virgo Aug. 24 - Sept. 23
Mercury is retrograde in your sign now, which hasn't happened for a few years. This brings people from your past, especially ex-partners, back into your world.

Libra Sept. 24 - Oct. 23
It is Mercury retrograde now, which is frustrating for many signs. However, for Libras, you have a great chance to do research and find answers to old problems.

Scorpio Oct. 24 - Nov. 22
Friends from the past are back in your life again. This could be reassuring, because it's always nice to have history with others.

Sagittarius Nov. 23 - Dec. 21
Some of you might be in touch with parents or authority figures you haven't seen for a while. You also might be able to successfully pitch an old idea to a boss.

Capricorn Dec. 22 - Jan. 20
Travel plans might be delayed or canceled because of Mercury retrograde. If traveling, it will be easiest to go someplace you have been before.

Aquarius Jan. 21 - Feb. 19
Use the next few weeks to wrap up loose ends regarding shared property, taxes, inheritances and debt issues. It will be surprisingly easy to do this.

Pisces
Feb. 20 - March 20
Issues with ex-partners are back on your plate again. In fact, some of you will be running into ex-partners! Might this be an opportunity for closure?

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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	8						2	
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1								4
		4		3		2		
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7				1				5
	6						3	
		8	4		9	7		

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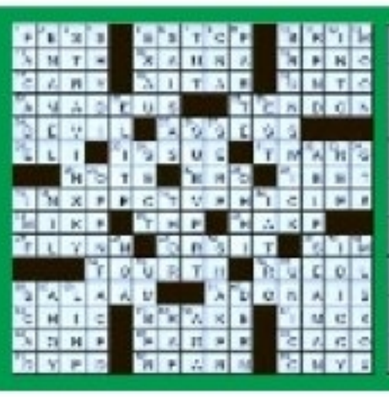

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8	4	1	6	5	2	9	3	7
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5	9	6	3	1	7	4	8	2

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